

## Gateway PTA Council Plans Year's Activities At Picnic

Gateway P.T.A. Council board members met at Averill Park, San Pedro on Thursday for a summer board meeting with Mrs. Herbert Johnston, president, greeting the executive board members and presiding at a business meeting.

Dates and meeting places for the monthly meetings of the Council were planned and Mrs. Johnston gave a report on the Community Chest drive to begin in November and announced that the harbor area receives "more than it pays in to assist in the work here for youth agencies and clinics."

### MISS WHITSON COMPLIMENTED WITH SHOWER

Miss Mildred Whitson, whose marriage to Nick Dellon of San Pedro will be an event of Aug. 24, was complimented at the home of her mother, Mrs. Cecil Whitson at 2044 Lomita Blvd. Thursday evening.

Miss Whitson received many lovely gifts for her future home, which were opened just previous to the serving of refreshments of cake, punch, sandwiches and coffee.

In the group were associates of Miss Whitson who are employed at the local exchange of the Pacific Telephone and Telegraph Company including Mesdames R. Jackson, Wilma Murdoch, Bill Stowell, Esther Hansen, Margaret Boyd, B. Walker, Doris McEwen, M. Ybarra, Dooly Gassaway, Brenda Crawford, Phyllis Dandoy, Laura Turcotte; Misses Myrtle Gooden, Alice Barclay, Joan Peterson, Marilyn Biblehouse, Jane Bowling, Emily Nesbit, Florence Hansen, Betty Miller, Johnnie Lou Bell, Tommie Muggleston, Marion Wheeler and Joan Concelman.

### Vacation Recalls Earlier Days for Mrs. R. C. Brown

Mrs. R. C. Brown, of 1004 Crenshaw boulevard, reports a delightful two weeks' vacation visiting friends and seeing the sights in San Diego. There she visited her former home, Mission Beach, where she had been active as a pioneer.

As a member of the early Chamber of Commerce she helped establish the first school. During her residence there, she recalls, the sea wall and esplanade were built and other civic improvements were made.

Mrs. Brown, also the first official newspaper reporter for Mission Beach, wrote a weekly column for the Beach News and the San Diego Sun, she reports.

Included on her vacation itinerary was a visit to Lake Elsinore, where she was a guest of her son-in-law and daughter, Mr. and Mrs. John L. Burke and children Dennis and Gayle.

Mrs. E. R. Brucker, district chairman for the San Pedro P.T.A. Clinic, stated that the San Pedro Dental Clinic has registered 84 new cases which is triple that for July of last year. She also stated that asthma cases would be taken care of during August and urged the public to visit the dental clinic.

Any child will be taken at the clinic regardless of their financial standing, she disclosed, and there is a slight charge for all clinics except the dental, which is regulated according to size of family and income.

Chairmen ratified are: Mesdames William Hall, parliamentarian; J. C. Miller, art; L. A. Stump, consumer education; V. E. Hopkins, courtesy; Victor Christiansen, student welfare; Rasmus Rasmussen, hospital; John Jure, group coordinator; Florence Lobach, Community Chest and Red Cross; Hazel Stanton, coordinating council; Murray June, radio and motion picture; Herman Savage and Eric Heinzman, high school youth services; J. P. Cambis, membership and life membership; M. C. Isaacson, homemaking; Robert Thompson, unit goals; H. W. Nansel, emblems, magazines and publications; M. E. Harp, program service; Hazel Stanton, Founders' Day; Joseph Bader, health; Joseph Bader, public welfare; V. E. Hopkins and Victor Christiansen, ways and means; John Garner, publicity book and Walter Schroeder and Joe Goss, publicity.

Others attending were: Mesdames William Spellman, president; Banning; Donovan Shields, Narbonne; Karl French, San Pedro; O. I. Johnson, council secretary; M. Simon and Clarence Simon; Gardner; F. C. Elliott and B. McFarland, Narbonne; Dana Junor High's P.T.A. was represented by First Vice President Mrs. Murray June.



**RECENT BRIDE** . . . Mrs. William Robertson, the former Vivian Ida Kyle, who was married recently at the Normandy Chapel, Long Beach. Mr. Robertson is the son of Mr. and Mrs. Donald Robertson of 1719 W. 253rd street and his bride is daughter of Mr. and Mrs. V. Marsh of 25832 Narbonne avenue.

## Common Sense Important in Proper Care of Eyes

Our eyes are expected to serve us faithfully during every waking moment throughout our lives. Yet, we abuse our eyes probably more than we do any of the organs of the body.

Eighty percent of all our knowledge comes to us through our eyes. We use about a quarter of our daily output of energy in seeing. While the exacting demands made upon our eyes can be expected to take a toll, much eyestrain and many defects of vision could be avoided with a little care and common sense.

It would be bad enough if the neglect of our eyes harmed those organs alone. But when any part of the eye is suffering, other parts of the body often are affected and our entire physical well-being may be upset. Chronic headaches, nervous irritability and even indigestion may be the result of eye strain.

Since modern living does demand such constant and exacting use of the eyes, it is wise to have them checked at least once every two years. Your doctor is your best source of advice on eye care. He may send you to a specialist who can detect imperfections before they become too serious and advise corrective measures, whether they be better reading and studying eye habits, eye exercises or suitable eyeglasses.

In addition to having your eyes examined regularly, and especially at the first sign of trouble, there are certain rules of eye care that everyone should follow. The greatest cause of eyestrain is reading or working in inadequate light or in glare. While reading, sewing or doing any close work, a person should sit with his main light slightly behind him. Working with just a section of light thrown on the material while the rest of the room is in darkness strains and tires the eyes because they must constantly adjust from light to darkness.

Sit up straight when you read, with the material no closer than about a foot from your eyes. Avoid close work in the direct sunshine or when the sun reflects on the working surface. Reading while stooping, lying down or on moving vehicles places a severe strain on the strongest eyes. Sufficient sleep and a well-balanced diet promote the health of the eyes.

Taking care of the eyes, in general, should never be left

## FULLERS ENJOY THAT SOUTHERN HOSPITALITY

Dr. and Mrs. G. E. Fuller of 2507 Normandie avenue returned last week from a three-months' vacation spent for the most part in the deep south.

While in Owensboro, Kentucky they were guests of Mrs. Louise Ginger and were feted at several parties and, in turn, were hosts to their friends there.

Dr. and Mrs. Fuller left Lomita for an extended vacation throughout the United States following his retirement last April and have had many interesting experiences while away.

They recently entertained the Hewitt family which is Mrs. Fuller's family at the Hewitt Whitman's Drive in on East Highway 60 with a luncheon. Following luncheon they all retired to the Whitman family home for music and a reunion. Later in the day they went to the home of Dr. and Mrs. Lee Tyler where reproduction of their voices were recorded. This was followed by the serving of refreshments by Mr. and Mrs. Gilbert Hendricks at their home.

Mrs. Fuller is the former Miss Augusta Hewitt of South Carolina before her marriage to Dr. Fuller.

**Mrs. Marcoux is Hostess Chairman for Card Party**

Mrs. Frank Marcoux will serve as hostess chairman for this week's Catholic card party in Nativity hall this evening at 8 o'clock. Everyone is cordially invited.

Assisting Mrs. Marcoux with party arrangements are Mesdames Felker, Rose Jones, Comon, Landerville, Donald, Melville, Proulx, Hornell, Muensterman, Miller, Nolan, Pankiewicz, Briggs, T. Fornelli, M. Fornelli and Tiernan.

The first door prize will be presented at 8 o'clock and games of contract and auction bridge, pinochle and 500 will follow. At the close of play delicious refreshments will be served by the hostess committee.

**FLEET RESERVE SOCIAL CLUB PLANS ACTIVITIES**

Members of the Ladies' Social Club of Fleet Reserve No. 41 will meet with Mrs. J. E. Barrett, 25369 Oak street Wednesday, Aug. 11 at 11 a.m. with Mrs. O. E. Borowski as co-hostess.

The regular monthly card party given by members of the Fleet Reserve was held at the home of Mrs. Anna Dannenhauer on Woodward avenue recently.

In attendance were Mesdames Marie Goering, president; Borowski, H. Duespi, J. E. Barrett, Verna Roth, V. Green, E. Katzork, Etta Stackwiak, Marion Estes and M. Cash.

Mrs. Katzork won the door prize.

**Betsy Ross Club Sewing Circle to Meet Tuesday**

Mrs. Rolive Bever will open her home at 2520 Eldorado avenue for a meeting of Betsy Ross Sewing Circle to be held Tuesday Aug. 10 at 10 a.m. Members are requested to supply sandwiches, the hostess will serve a beverage.

**FISHING TRIP**

Mr. and Mrs. E. R. Dawson and Gary, of 1906 Plaza Del Amo, have returned from ten days fishing trip to King's River Canyon in the High Sierras. En route they visited friends and relatives in Fresno.

## CATHOLIC DAUGHTERS ARE HOSTESSES AT INFORMAL DINNER, EVENING ENTERTAINMENT

The executive board of Court St. Catherine, Catholic Daughters of America, met Monday evening with Mrs. Margaret Estes, 703 Sartori avenue. The ten officers in attendance spent the evening sewing for the doll booth to be sponsored by the Court at the Nativity Church annual fall bazaar in October.

Grand Regent Edith Owen conducted the business meeting, during which Mrs. Muriel Gately, ways and means chairman, summarized plans for the doll booth, and other coming events were discussed.

A wiener bake for members, families and friends is scheduled for late August.

Light refreshments were served by the hostesses from a tea table attractive with lilies and lighted tapers.

A pot luck dinner for members, their families and friends, Monday evening of last week, was most enjoyable affair. Mrs. Florence Turner was chairman of the hostess committee, assisted by Mesdames Mary Alford, Agnes Sexton and Beulah Landerville.

More than fifty guests attended the dinner and participated in an evening of informal entertainment. Mrs. Joan Donald played for community singing and furnished piano interludes throughout the evening.

Part of the group played cards. Prizes were awarded to Hugh Wasson for high score. Mrs. Agnes Lander for second high and David Wasson won the children's prize. Larry Baldwin was recipient of a door prize.

Among those in attendance were Rev. A. F. Kuhn, S. J., professor of history, University of Detroit, guest pastor at Nativity Catholic church, and Edward Sullivan, assistant pastor.

Members are asked to bring needles, thimbles and scrap material suitable for doll clothes to the regular business meeting next Monday Aug. 9, at Nativity hall.

**MRS. T. A. MITCHELL EN ROUTE HOME FOLLOWING ROUND OF ENTERTAINMENT**

At the conclusion of a delightful visit with relatives and friends Mrs. T. A. Mitchell left Monday for her home in Pennsylvania. Enroute she will visit her former home in Denver.

Among the delightful parties given in her honor was an attractively appointed tea Tuesday afternoon at the home of Mrs. Willis M. Brooks.

Pink hydrangeas and Chinese immortals centered the hand-made lace-covered tea table. The flowers were arranged on a large blue Mexican glass server and matching candlesticks held pale pink candles. Mrs. R. R. Smith poured.

Guests included a group of Mrs. Mitchell's friends from Torrance, Los Angeles, Long Beach, Hollywood, Beverly Hills and Lomita.

Another lovely affair given to honor the former Torrance resident was an intimate luncheon at the home of Mrs. C. E. Woodcock, 2431 Cabrillo avenue.

Luncheon guests, all members of Mrs. Woodcock's family, included Mrs. Edward Kirman, of Monrovia, a girlhood friend of the honor guest and Mesdames J. W. Inman, of Torrance; John Jay, Lomita; Donald Sion and Arthur Woodcock, of Gardena.

Mrs. Mitchell's daughter-in-law, Mrs. Don C. Mitchell (Joan Klink) and son Donny and Richard Mitchell, all of whom had been visiting during the past few weeks, left by plane Saturday for Chicago.

## Health Expert Gives Advice On Sunstroke

With the advent of summer, the county health officer Dr. Roy O. Gilbert, M.D., offers a word of warning about sunstroke, in case you're working in a highly humid atmosphere.

Exposure to direct rays of the sun should be avoided, Dr. Gilbert cautions. It is the infrared rays, not the violet rays of the sun, which cause sunstroke.

Increased fluid intake, non-alcoholic, is also a preventive for either sunstroke or heat stroke. Tap water is better than ice water and the addition of salt tablets or small amounts of table salt is helpful.

An attack of sunstroke usually develops suddenly, starting with general depression, headache, dizziness, vomiting, thirst and convulsions. Services of a physician are needed because permanent injury to the brain and heart are possible.

First aid measures include immediate removal of the patient to the shade, loosening of clothing and reduction of temperature through fanning and cold applications.

**VON BERGENS ENTERTAIN**

House guests of Mr. and Mrs. Von Bergen this week were his cousins Mr. and Mrs. Denzil Forsgren of Ogden, Utah. Among the affairs arranged for the guests' entertainment was a party at Hollywood Bowl Thursday evening, where they and their hosts were accompanied by Mesdames G. J. Devoin and C. E. Ward of this city and Arthur Shaw of Dayton, Wyo. A dinner party at Poncho's, Manhattan Beach, Friday evening and a party at Turnabout Theater, also were enjoyed.

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